

BARRINGTON SENIOR CENTER

ENRICHMENT ~ ENHANCEMENT ~ ENLIGHTENMENT

BARRINGTON SENIOR CENTER
281 COUNTY ROAD

AUGUST 2014

TELEPHONE 247-1926
MICHELE GEREMIA, DIRECTOR

SENIOR CENTER STAFF

Michele Geremia
Director

Ed Carusi
Outreach Services
247-3791

Mira Meyer-Oertel
Senior Services
Coordinator

Shirley Slusarski
Clerical

Fran Stabila
Rod Maturi
Kitchen Staff

Larry Daglieri
Ron Walpole
Transportation

Emily Hartley
Activity and Trip
Coordinator

Center Hours
9:00 AM - 4:00 PM
Monday - Friday

CENTER CLOSED
MONDAY, AUGUST 11TH FOR VICTORY DAY

SENIOR CENTER NEWS

This is an eventful time at the Senior Center: at the end of June we said good bye to Louise House who has decided to enjoy well-deserved retirement and on July 1st we welcomed Michele Geremia as the new director of the Senior Center. Our thanks and best wishes to both!

TECH TUESDAY

Tuesdays, August 5th and 19th
3:00pm - 4:00pm

Bring your computer questions to the students from MTTI Technical School!

JOURNEYS WITH SALLY - Rescheduled!

Friday, September 12th at 9:45am
Cost: \$ 17.00 with lunch on your own

SPIRIT OF ITALY

Have you dreamed of visiting Italy? Do you yearn for the Mediterranean charm of this favorite destination? Then look no further.

Please join us as we visit the sister city of Florence: Providence, Rhode Island. Here we will meander down famous Federal Hill with its abundant ethnic appeal.

As we begin, we will tour the acclaimed Scialo Brothers Bakery and enjoy a delicious snack. Now we're off to Venda Ravioli for an unforgettable sensory adventure. A stop at Dreamy Venice will satisfy the most discerning connoisseur of Venetian glass jewelry. As we savor our lunch at Spirito's, we will experience the fine culinary tradition of the Italian American Club. A final stop at Gasbarro's Wines is a spirited ending for this extraordinary Italian escapade.

Leave from the Senior Center at 9:45am and return about 3:30pm. Please note that this trip does not require much walking!

ALZHEIMER'S SUPPORT GROUP

Monday, August 4th at 1:00pm

The caregiver support group meets on the first Monday of the month. All are welcome!

RIPTA

Friday, August 1st

11:30am - 1:00pm

RIPTA will be at the Senior Center to issue bus passes. This is a convenient time to renew your pass or get one for the first time!

LINE DANCING CONTINUES

Wednesdays, 1:00pm to 2:00pm

\$3.00 per Session

Line dancing will continue through August. Doris Guerette is the instructor and will review familiar steps and teach new ones as well. No sign-up necessary - just come, have fun and get some exercise.

PLEASE NOTE

To participate in the meal program at the Senior Center it is necessary to make a reservation. Please call the Center at 247-1926 no later than 12:00 noon the day before you wish to come for dinner and order the meal of your choice: either the hot meal or the sandwich (which comes with soup as well as desert). A contribution of \$3.00 is requested.

HEAT WAVE TIPS

During a heat wave, always wear lightweight, light colored and loose-fitting clothing and sunscreen. A wide-brimmed hat will keep your head cool and avoid sunburn. Slow down! Strenuous activity should be reduced or rescheduled to the coolest time of the day. Pace yourself! When working or exercising in hot weather, start slowly and pick up the pace gradually. If exertion makes your heart pound or leaves you gasping for air - stop, get into a cool area and rest. The best way to beat the heat is to be in an air conditioned area and always remember that the Senior Center is a wonderful cool place to be during a heat wave!

ACTIVITY CLUB TRIPS AND ACTIVITIES*

\$7.00 per year membership for people 55+

(All trips are to be paid for separately. A \$10.00 deposit is due at sign-up)

August 21, 2014 (Thursday) - “Tribute to Patsy Kline” and Lobster Fest at the Log Cabin in Holyoke, MA. Your first stop will be at the Akins Farm Shop in Amherst with its array of local products, including jams and jellies, and then you’ll travel to the Log Cabin for a delicious luncheon. Then sit back and enjoy the Log Cabin’s “*Walking after Midnight*” tribute to Patsy Cline with Janice Dee. Leave from the rear of Barrington Town Hall at 8:00am and return home about 5:30pm.

Final payment due on August 7th. **Trip is sold out!**

October 13, 2014 (Monday) - Fall Foliage Spectacular!

In New England, the maple sugar hues of red, orange and yellow signal the seasonal changes and you will enjoy these as you travel north along scenic Massachusetts roads and head to St. Joseph’s Abbey and the Trappist Monks Gift Shop in Spencer MA. Then you are off for West Brookfield’s Salem Cross Inn to enjoy a delicious luncheon. You will also visit Brookfield Orchards, home of one of New England’s largest apple growers. Leave from rear of Town Hall at 8:30am and return at approximately 5:30pm.

Cost: \$62.00. Final Payment due September 24th.

SAVE THE DATE

August 25, 2014 - Semi-annual Meeting of the Activity Club at 1:00pm.

Please come and hear about future plans, trips and parties. Your suggestions are invited and welcome! Come and enjoy refreshments.

September 30, 2014 (Tuesday) - Activity Club Membership Party at 1:00pm. Details to follow!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 2014				
4 9:30am...Chair Yoga 12:30pm...Ladies' Bridge 1:00pm...Mah Jongg 1:00pm...Alzheimer's Support 6:45pm...Duplicate Bridge	5 9:30am...Senior Strength 10:00am...Current Events 1:00pm...Chorus 3:00pm...Tech Tuesday	6 9:30am...Chair Yoga 10:00am...Knitting 12:30pm...Men's Bridge 1:00pm...Line Dancing	7 9:30am...Senior Strength 10:30am...Blood Pressure 1:00pm...Bingo	1 8:30am...Shopping 9:00am...Benefit Rep 9:30am...Tai Chi 10:00am...Scrabble Club 11:30am...RIPTA 1:00pm...Yoga
11 CENTER CLOSED for VICTORY DAY	12 9:30am...Senior Strength 1:00pm...Chorus	13 9:30am...Chair Yoga 10:00am...Knitting 12:30pm...Men's Bridge No Line Dancing	14 9:30am...Senior Strength 10:30am...Blood Pressure 1:00pm...Bingo	15 8:30am...Shopping 9:00am...Benefit Rep 9:30am...Tai Chi 10:00am...Scrabble Club 1:00pm...Yoga
18 9:30am...Chair Yoga 12:30pm...Ladies' Bridge 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge	19 9:30am...Senior Strength 10:00am...Current Events 1:00pm...Chorus 3:00pm...Tech Tuesday	20 9:30am...Chair Yoga 10:00am...Knitting 12:30pm...Men's Bridge 1:00pm...Line Dancing	21 8:00am...Patsy Cline Trip 9:30am...Senior Strength 10:30am...Blood Pressure 1:00pm...Bingo	22 8:30am...Shopping 9:00am...Benefit Rep 9:30am...Tai Chi 10:00am...Scrabble Club 1:00pm...Yoga
25 9:30am...Chair Yoga 12:30pm...Ladies' Bridge 1:00pm...Semi-Annual Meeting 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge	26 9:30am...Senior Strength 1:00pm...Chorus	27 9:30am...Chair Yoga 10:00am...Knitting 12:30pm...Men's Bridge 1:00pm...Line Dancing	28 9:30am...Senior Strength 10:30am...Blood Pressure 1:00pm...Bingo	29 8:30am...Shopping 9:00am...Benefit Rep 9:30am...Tai Chi 10:00am...Scrabble Club 1:00pm...Yoga

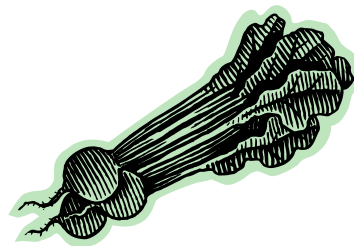
AUGUST 2014

AUGUST 2014				<i>Funded in part by the U.S. Administration on Aging and State funds through the RI Division of Elderly Affairs</i>	FRIDAY
4 Turkey Rice Soup Sloppy Joe with Bun Mixed Vegetables Fresh Fruit Cup <i>(Sliced Turkey & Swiss on a Bun)</i>	5 Pasta & Bean Soup Chicken Pot Pie Seasoned Broccoli Florettes Mandarin Oranges <i>(Roast Beef and Cheese on Wheat)</i>	6 Beef Barley Soup Pot Roast with Gravy Whipped Potatoes Sliced Seasoned Carrots Vanilla Pudding <i>(Egg Salad on White)</i>	7 Italian Wedding Soup Antipasto Salad (Tossed Salad with Assorted Meats & Cheeses) Garlic Bread Chocolate Chip Cookies <i>(Tuna on a Roll w Baked Lays Chips)</i>	8 Chicken Soup Roast Turkey with Gravy Stuffing Butternut Squash Pie <i>(Seafood Salad on Rye)</i>	
11 Low Sodium V-8 Juice Pork Loin with Lemon Sauce Mashed Potatoes Brussel Sprouts Chocolate Pudding <i>(Italian Tuna on Multi Grain)</i>	12 Venus De Milo Soup Veal Parmesan with Sauce Shells Italian Blend Vegetables Fresh Fruit <i>(Chicken Salad on a Roll)</i>	13 Lentil Soup Airline Chicken Seasoned Cut Potatoes King Edward Vegetables Coffee Cake <i>(Capicola & Cheese on White)</i>	14 Chicken Soup French Meat Pie Wax Beans with Pimientos Jell-O Rye Bread <i>(Seafood Salad on Rye)</i>	15 Potato & Leek Soup Stuffed Sole (Crab & Scallops) Rice Pilaf Green Beans Diced Peaches <i>(Honey Ham w/Mustard on a Roll)</i>	
18 Orange Juice Plain Omelet with Tomato Slice Baked Ham Crispy Cubed Potatoes Fruited Yogurt	19 Chicken Noodle Soup Stuffed Cabbage with Sauce O'Brien Potatoes Medley Blend Vegetables Tapioca Pudding <i>(Salami & Cheese on Oatmeal)</i>	20 Seafood Gumbo Tuna Salad Fresh Pasta Salad Beet & Onion Salad Frosted Brownie <i>(Ham Salad on a Croissant)</i>	21 Beef Vegetable Soup Chicken Cordon Bleu with Gravy Rice Pilaf Baby Whole Carrots Frosted Cupcake <i>(Italian Grinder)</i>	22 Lemonade Low Sodium Hot Dog Baked Beans Tomato & Cucumber Salad Watermelon <i>(Pub Burger on Roll)</i>	
25 Escarole & Bean Soup Chopped Sirloin w/Mushroom Gravy Mashed Potatoes Tomato Half Lemon Pudding <i>(Bologna & Cheese on Wheat)</i>	26 Chili Soup Marinated Grilled Chicken Rice with Black Beans Seasoned Spinach Peanut Butter Cookies <i>(Egg Salad on Rye)</i>	27 Chicken & Rice Soup Meatballs with Sauce Ziti with Sauce Tossed Salad Sliced Peaches <i>(Tuna on Italian)</i>	28 Split Pea Soup Baked Ham with Pineapple Glaze Sweet Potatoes Broccoli Cuts Ice Cream Sandwich <i>(Turkey & Cheese on Marble Bread)</i>	29 Clear Chowder Potato Crunch Fish RI Grown Oven Roasted Potatoes Cole Slaw Fresh Fruit <i>(Chicken Salad on Pumpernickel)</i>	

RECIPE CORNER

Roasted-Beet Salad

- 8 beets (about 2 pounds)
- 5 tablespoons rice vinegar, divided
- ¼ teaspoon salt, divided
- ¼ teaspoon freshly ground black pepper divided
- 8 cups gourmet salad greens (about 8 ounce)
- 2 teaspoons olive oil
- 1 (½-inch-thick) slice red onions, separated into rings



Preheat oven to 375°.

1. Trim off beet stems and roots. Wrap each beet in foil; bake at 375° for 45 minutes or until tender. Cool beets to room temperature; peel and cut into ¼-inch-thick slices. Combine beets, 4 tablespoon vinegar, ¼ teaspoon salt, ¼ teaspoon pepper in a bowl; toss well.
3. Combine remaining 1 tablespoon vinegar, ¼ teaspoon salt, ¼ teaspoon pepper, salad greens, and oil in a large bowl; toss well.

Place 2 cups salad greens mixture on each of 4 plates; top evenly with beets and onion rings.

Yield: 4 servings

CALORIES 107 (23 % from fat); FAT 2.7g (sat 0.5g, mono 1.6g, poly 0.5g); PROTEIN 4.3g; CARB 17.6g; FIBER 3.2g; CHOL 0mg; IRON 205g; *SODIUM* 276mg, *CALC*66mg

Source: Cooking Light

TOWN OF BARRINGTON

Senior Center

281 County Road

Barrington, Rhode Island 02806

Presorted

STD

U.S. POSTAGE

PAID

Barrington, R.I.